

# Supporting children's well being

## Book list and library services

Dorset County Council



Working together for a strong and successful Dorset



Dorset County Council libraries have many books and resources which may help you or your family support your child's well being. This leaflet contains a selection of books which have been chosen and recommended by professionals to help you understand issues such as anxiety, anger and ADHD.

# ADHD

## **Understanding ADHD: A Parent's Guide to Attention Deficit Hyperactivity Disorder in Children**

**Dr Christopher Green and Dr Kit Chee**

Adult Non Fiction 616.8589

Dispels the myths about ADHD and gives a clear overview of the condition: the causes, the behaviours and the treatments.

## **ADHD The Essential Guide**

**Diane Paul** Adult Non Fiction 618.928589

This book guides parents and carers through the process, from spotting the symptoms and getting a diagnosis to receiving treatment and finding support.

## **Putting on the Brakes: Understanding and Taking Control of Your ADD or ADHD**

**Patricia Quinn** Adult Non Fiction 616.858

Loaded with practical ways to improve organisation, focusing, studying and homework skills as well as strategies for making friends, controlling emotions and being healthy.

## **Taking Charge of ADHD: The Complete, Authoritative Guide for Parents**

**Russell Barkley** Adult Non Fiction 618.928589

Gives the science-based information you need about ADHD and its treatment with a proven eight-step behaviour management plan specifically designed for 6 to 18 year olds with ADHD.

## **Zak has ADHD**

**Jenny Leigh** Caring for Children Collection

Zak the Zebra is naughty, rude and unpopular - but all he wants to be is just like the other children. Doctor Spot finds he has ADHD.

# Anger/Behaviour

## **Volcano in my Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers**

**Warwick Pudney and Elaine Whitehouse**

Adult Non Fiction 152.47083

Gives us the tools we need to put aside our problems with this all-too-often destructive emotion and to have fun while we're at it.

## **Fighting Invisible Tigers: Stress Management for Teens**

**Earl Hipp** Teen Non Fiction 155.518

Offers proven techniques that teens can use to deal with stressful situations in any environment.

## **What to do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger (What to do Guides)**

**Dawn Huebner and Bonnie Matthews**

Children's Non Fiction 152.47

This interactive self-help book teaches children a set of 'anger dousing' methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

## **The House of Tiny Tearaways**

**Dr Tanya Byron** Adult Non Fiction 649.64

Shows parents how they can enable their young children to grow and develop while enjoying their individuality.

## **The Incredible Years**

**Carolyn Webster-Stratton** Adult Non Fiction 649.1

A practical guide, filled with examples of everyday problem situations and concerns and step-by-step suggestions on how to handle them.

# Autism/Aspergers

## **The Complete Guide to Asperger's Syndrome**

**Tony Attwood** Adult Non Fiction 616.858832

This book brings together a wealth of information on all aspects of the syndrome for children through to adults.

## **The Reason I Jump – One Boy's Voice From the Silence of Autism**

**Naoki Higashida** Biography B/HIG

Written when he was only thirteen, this book provides a rare insight into the often baffling behaviour of autistic children.

## **Ten Things Every Child With Autism Wishes You Knew**

**Ellen Notbohm** Adult Non Fiction 618.928588

Describes ten characteristics that help illuminate - not define - children with autism.

## **Kevin Thinks About Outer Space**

**Gill Watts** Caring for Children Collection

Kevin Thinks is the story of a boy with Asperger Syndrome who sees the world a little...differently! Confusing expressions and the perfectly logical world of Asperger's.

## **Sensory Smarts**

**Kathleen Chara** Caring for Children Collection

A book for children with ADHD or autism spectrum struggling with sensory integration.

# Anxiety

## **What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**

**Dawn Huebner and Bonnie Matthews** (What do to Guide) Caring for Children Collection. Interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioural techniques most often used in the treatment of generalized anxiety.

## **The Huge Bag of Worries**

**Virginia Ironside** Caring for Children Collection  
Wherever Jenny goes, her worries follow her - in a big blue bag. Jenny decides they will have to go. But who can help her?

## **The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help Build Social Confidence**

**Jennifer Shannon** Teenage Non Fiction 155.518232  
The comic-strip-style illustrations, exercises and worksheets in this book address all aspects of social anxiety, from missing out on high school dances to going to job interviews.

## **Willy and the Wobbly House**

**Margot Sunderland** Caring for Children Collection  
This children's book is written especially for those youngsters who are trapped in anxiety.

# Attachment

## **A Short Introduction to Attachment and Attachment Disorder**

**Colby Pearce** Adult Non Fiction 618.928588

This book presents a short and accessible introduction to what 'attachment' means and how to recognise attachment disorders in children.

## **Creating Loving Attachments: Parenting with PACE to Nurture Confidence and Security in the Troubled Child**

**Kim Golding** Adult Non Fiction 155.422241

This book will guide you through using this parenting attitude to help your child feel happy, confident and secure.

## **Attachment Focused Parenting – Effective Strategies to Care for Children**

**Daniel Hughes** Adult Non Fiction 155.418

This title brings attachment work inside the therapy room to the outside, equipping caregivers with practical parenting techniques rooted in attachment theory and research.

## **Beyond the Blues: A Workbook to Help Teens Overcome Depression**

**Lisa M Schab** Adult Non Fiction 618.928527

These activities can help you cope with sad and difficult feelings, find new ways to make friends and deal with conflicts.

## **So Young, So Sad, So Listen**

**Philip Graham and Carol Hughes** Adult Non Fiction 618.928527

This book is about depression in children and teenagers. Illustrated by cartoons, the book is intended for young people and for their friends, parents and teachers.

# Life Changes

## **Children, Feelings and Divorce: Finding the Best Outcome**

**Heather Smith** Adult Non Fiction 306.874

Contains a unique feature chapter where the author addresses children and their concerns about their divorcing parents.

## **Mum and Dad Glue**

**Kes Gray** Caring for Children Collection

This picture book looks at divorce from a child's eye view. Even though his parents may be broken, their love for him is not.

## **Come Back Soon**

**Miriam Moss** Caring for Children Collection

A children's picture book dealing with first experiences – coping with separation.

## **A Place In My Heart**

**Annette Aubrey** Caring for Children Collection

This picture book helps children understand bereavement.

## **Help Me Say Goodbye**

**Janis Silverman** Caring for Children Collection

An art therapy and activity book for children coping with death. Exercises address all the questions children may have during this emotional and troubling crisis.

# Eating Disorders

## **Skills-Based Learning for Caring for a Loved One with an Eating Disorder**

**Janet Treasure** Adult Non Fiction 616.8526

Provides specific guidance for family members about how they can help their children, siblings, partners and spouses who are struggling with an eating disorder.

## **Anorexia Nervosa: A Survival Guide for Families, Friends and Sufferers**

**Janet Treasure** Adult Non Fiction 616.85262

This book includes sections for parents and other carers alongside a section for the sufferer.

## **Life Without Ed**

**Jenni Schaafer** Adult Non Fiction 616.8526

Teaches readers that they can not only separate from their eating disorder, but also disagree with and disobey it.

## **Overcoming Binge Eating: The Proven Program to Learn Why You Binge and How You Can Stop**

**Christopher Fairburn** Adult Non Fiction 616.852606

Provides all the information needed to understand binge eating and bring it under control, whether you are working with a therapist or on your own.

## **Talking about Eating Problems**

**Nicola Edwards** Caring for Children Collection 616.8526

The book uses sympathetic language to provide information and support for children who may be worried or afraid.



# Obsessive Compulsive Disorder

## **Talking Back to OCD: The Program That Helps Kids and Teens Say 'No Way' and Parents Say 'Way To Go'**

**John March** Adult Non Fiction 618.9285227

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge.

## **Touch and Go Joe: An Adolescent's Experience of OCD**

**Joe Wells** Adult Non Fiction 616.85227

Joe tells his story of his battle with OCD from its insidious beginnings at age 9 and increasingly intrusive symptoms, to diagnosis at age 12 and how he battled to overcome it.

## **Zelah Green Queen of Clean**

**Vanessa Curtis** Teen Fiction

Since her mum died, Zelah has become obsessed with rituals. When it all gets too much, she is sent to stay at Forest Hill House, a place for troubled teens to try to solve their problems.

# Self Esteem

## **The Self Esteem Workbook for Teens**

**Lisa Schab** Adult Non Fiction 155.519

Practical exercises to help deal with setbacks and self-doubt, skills for dealing with criticism and activities to aid in the development of self-awareness, self-acceptance and self-worth.

## **Self Esteem for Girls: 100 Tips for Raising Happy and Confident Children**

**Elizabeth Hartley-Brewer** Adult Non Fiction 649.133

An essential guide for helping parents and teachers support girls through the difficulties of growing up.

## **Self Esteem for Boys: 100 Tips for Raising Happy and Confident Children**

**Elizabeth Hartley-Brewer** Adult Non Fiction 649.132

An essential guide for helping parents and teachers support boys through the difficulties of growing up.

## **Stopping the Pain: A Workbook for Teens Who Cut and Self-Injure: A Workbook for Teens Who Self-Injure**

**Lawrence E Shapiro** Teenage Non Fiction 616.85820083

Helps teens who self-injure explore the reasons behind their need to hurt themselves and sets forth positive ways to deal with the issues of stress and control.

## **Confident Children: Help Children Feel Good About Themselves**

**Gael Lindenfield** Adult Non Fiction 155.418

Includes important sections on giving your child space and freedom, plenty of stimulation and encouragement, communication and ground rules.

# Sibling Rivalry

## **Siblings Without Rivalry: How to Help Your Children Live Together So You Can Live Too**

**Adele Faber, Elaine Mazlish and Kimberly Ann Coe**

Adult Non Fiction 306.875

Discover the parenting experts tested and practical guidelines for how to cope with - and deflect - sibling rivalry.

## **Raising Happy Brothers and Sisters**

**Jan Parker and Jan Stimpson** Adult Non Fiction 649.143

This book cuts through negativity to provide the best advice available for these most crucial formative relationships.

## **Martha in the Middle**

**Jan Fearnley** Children's picture book

A lovely picture book featuring Martha mouse, that helps understand sibling position and being the middle child in the family.

## **Brothers and Sisters**

**Rob Lewis** Children's picture book

Brothers are trouble. Sisters are too! But it's not all rivalry and tension, sometimes they are just good to have around!

# Understanding Young People and Parenting

## **The 7 Habits of Highly Effective Teens: The Ultimate Teenage Success Guide**

**Sean Covey** Teenage Non Fiction 305.235

Speaks directly to teenagers in a language they can really understand and relate to, addressing the issues that concern them most.

## **Blame my Brain: The Amazing Teenage Brain Revealed**

**Nicola Morgan** Teenage Non Fiction 155.5124

Carefully researched, accessible and humorous examination of the ups and downs of the teenage brain.

## **Get Out of my Life but First Take me and Alex into Town**

**Tony Wolf** Adult Non Fiction 649.125

Explaining how to translate teenage behaviour into its true, often less complicated meaning.

## **Divas and Door Slammers: The Secret to Having a Much Better Behaved Teenager**

**Charlie Taylor** Adult Non Fiction 649.125

This book guides you away from knee-jerk parenting towards a more proactive and positive relationship with your teenager.

## **How to Talk so Kids will Listen and Listen so Kids will Talk**

**Adele Faber** Adult Non Fiction 306.874

Step by step techniques to help you improve and enrich your relationships with your children.

# Health - how libraries can help

## **Pick up a pick-me-up at your local library with Mood Boosting Books**

Boost your mood with a recommended read. Libraries are the ideal place to find a mood-boosting book designed for if you are feeling stressed, depressed or just want a bit of a pick-me-up. As community hubs, libraries are also great places to sample a book group, meet others and get reading recommendations.

**Reading Well Books on Prescription** helps you to understand and manage your health and wellbeing using self-help reading. The scheme is endorsed by health professionals and covers conditions such as anxiety and depression.

**Reading Well Books on Prescription for Dementia** which recommends books you might find helpful if you have dementia, are caring for someone with dementia or want to find out more about the condition. The books include information and advice, help after diagnosis, practical support for carers and personal stories.

**<https://www.dorsetforyou.com/libraries/adults/health>**

# Library Services

**Dorset libraries are a gateway to fun, exploration and learning that will last a lifetime.**

- Membership is free – join at any of our libraries, mobile libraries or online
- Check out and return books via our easy to use customer self service points
- Books can be borrowed for three weeks
- Books are free to borrow although there are hire charges for some items, like DVDs and talking books
- Request a book and we'll get it delivered to your branch for free

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Braille, or alternative languages on request.